

Babysitter's Job Information Sheet

Use one form per child. Keep form up to date and give to EMS / fire / police in an emergency.

Job Address: _____

Directions: _____

Phone Number: _____

Child's Name: _____ Birthdate: _____

Guardian Information

Title: ☐ Mr. ☐ Mrs. ☐ Ms.

Title: ☐ Mr. ☐ Mrs. ☐ Ms.

Name: _____

Name: _____

Phone: _____

Phone: _____

Medical History *(Please check the following that apply)*

☐ Asthma

☐ Diabetes

☐ Vision Problems

☐ Seizures

☐ Hemophilia

☐ Hearing Loss

☐ Respiratory

☐ Cardiovascular

☐ Bee Sting Allergy

☐ Digestion

☐ Urinary

☐ Kidney

☐ Physical Limitations

Allergies: _____

Restricted Activities: _____

Prescription Medication: _____

Child's Doctor: _____ Phone: _____

Health Insurance Company, Group Number and ID Number: _____

Poison Help: 1-800-222-1222

Special Instructions

Bedtime Routine: _____

Meals / Snacks: _____

Discipline Techniques: _____

Authorization for Emergency Care

If I (the parents/guardian name on this sheet) cannot be reached at the time of an emergency, and if medical observation or treatment is urgent, I hereby authorize the child to be transported via ambulance to the most appropriate hospital.

Parent / Guardian Signature: _____ Date: _____

Please reproduce and use this form!

American Safety & Health Institute • www.hsi.com/ashi • 800-447-3177

Home Safety Checklist

Child and Babysitting Safety

Kitchen

- ☐ Knives and other sharp objects are stored out of children's reach
- ☐ Only rear burners of stovetop are used to heat foods and pot/pan handles are turned in, out of reach of small children.
- ☐ Small, round, or hard foods that can cause choking are out of young children's reach.
- ☐ Working smoke alarm installed.

Bathroom

- ☐ All medicines and vitamins are locked and/or stored out of children's reach.
- ☐ Cleaning products in bathroom cabinets are locked up.
- ☐ Toilet lids are kept down, and secured with safety latches if toddlers are present.
- ☐ Bathroom doors are kept closed.
- ☐ Bathtub is empty.

Living Room/Den/Play Areas

- ☐ Fireplaces have safety screens in place; matches and lighters are out of reach.
- ☐ Working smoke alarm installed.
- ☐ Flammable materials are kept well away from the fireplace when in use.
- ☐ TVs are secured and cannot be tipped over.
- ☐ Furniture should not be easily tipped over or have sharp corners. (Rubber corners should be installed to prevent serious injury).
- ☐ Non-skid mats should be used instead of area or throw rugs to prevent falls.

Doors/Windows

- ☐ Windows are locked; safety bars are installed on windows above the first floor.
- ☐ Cribs, cots and playpens are not positioned next to windows.
- ☐ Window drapes and blinds have safety cords to prevent strangulation or are either rolled up, secured, cut or not dangling.

Bedrooms

- ☐ Working smoke alarms installed.
- ☐ Any area rugs have non-slip properties.
- ☐ Space heaters are kept away from children and from drapes or curtains.

Laundry/Utility Area

- ☐ Detergents, bleach, and all other cleaning solutions, products and fluids are locked up and/or out of reach of children.
- ☐ Laundry room door is shut and children cannot access washer/dryer.

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Basement/Attic

- ☐ Working smoke alarm installed.
- ☐ Area is well lighted.
- ☐ Basement is free of clutter and hazardous materials, any area rugs are non-slip.

Stairways/Halls

- ☐ Working carbon monoxide alarm installed adjacent to sleeping areas/bedrooms.
- ☐ Stairways and halls are well lighted.
- ☐ Safety/stair gates are used at the top and bottom of stairs to prevent falls (or to deny access to rooms that may have hazards).
- ☐ Stairs are kept free of clutter, and any carpeting is in good condition.
- ☐ Stairways have handrails installed and in good condition.
- ☐ Non-skid mats should be used instead of area or throw rugs to prevent falls.

Front/Back Yard

- ☐ Buckets or wading pools are empty/no standing water.
- ☐ Poisonous plants are not present or accessible.
- ☐ Fences and gates are installed and in good condition, limiting street access.
- ☐ Swimming pools and hot tubs have proper fencing completely enclosing them with lockable gates and are covered.
- ☐ Playground equipment is safe and in good condition.

Garage

- ☐ All solvents, paints, gasoline, pesticides, car care products and other chemicals are stored in locked cabinets.
- ☐ All sharp lawn and garden tools are stored out of reach.
- ☐ Power tools are stored out of reach.
- ☐ Garbage and recyclables containers are covered with lids.

Other tips to keep children safe:

- ☐ First Aid kit is well stocked and readily available.
- ☐ Firearms, ammunition, knives, and other sharp objects are stored in locked cabinets or secured in a locked storage area.
- ☐ Toys are age-appropriate, are in good condition, and do not have small parts that can break loose and cause a choking hazard.
- ☐ Unused electrical outlets have safety covers installed.
- ☐ Multiple extension cords or “octopus” connections are not used.
- ☐ Electrical cords are not covered by or routed underneath rugs.
- ☐ Flashlights with spare batteries are available in case of power outages. (Never use candles).
- ☐ Hot water heater should be set at 120° (or less) to prevent scalding burns.
- ☐ Electrical appliances (such as hair dryers) are unplugged and out of reach.
- ☐ Emergency contact numbers and the Poison Help Hotline (1-800-222-1222) should be posted at each phone extension in case of emergency.
- ☐ Houseplants are kept out of reach.
- ☐ Teach children to “Stop, Drop, and Roll” in case their clothing catches on fire.